

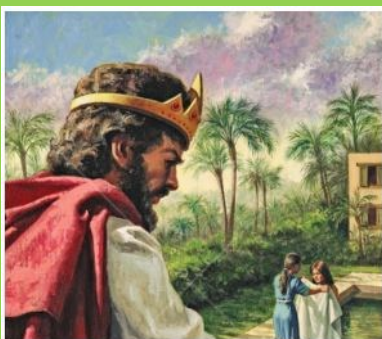
# **F.H. & L.**

**Faith, Hope and Love, and the Greatest of These is Love**

**A Mini-Newsletter From Your Family at Oakhurst United Methodist Church**

**It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful.**

**2 Samuel 11:2**



## **OAKHURST UNITED METHODIST CHURCH**

13400 Park Blvd., Seminole, FL 33776  
www.oakhurstumc.com

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Office Hours: Monday—Friday  
9:00 a.m. to 3:00 p.m.

**Rev. Nathan W. Carlson, Senior Pastor**  
**ncarlson@oakhurstumc.com**

Our Mission is to make disciples, nurture disciples,  
and spread the Kingdom of Christ.

**FIRST TIME GUESTS: Text Hello to 727-732-3550 to receive info from Oakhurst UMC.**

### A Message From: Gary Clairry

We'd like to share this Cuba update: a thank you from Pastor Iglis received on behalf of Oakhurst UMC by Gary Clairry.

If you'd like to donate money to the Cuba ministry, you can do so through the Oakhurst UMC ap or by check to the church office, either way mark your donation "for the Cuba ministry." Thank you.

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Greetings brother and friend Gary, today we begin the services in our church, 50% we have two main services so that the church is not very full and we take less risks, but we are very happy to be together again.

I have sent you some photos of the help that we have bought with the money Oakhurst sends us. The church of Colón thanks you and all those who make this beautiful pact possible. We will continue to buy food for other families.

Thank you for everything. I really want to see you, I hope that is very soon. Pastor Iglis, UMC Colon, Cuba



**These are some of our Cuban brothers and sisters receiving food, made possible by Oakhurst UMC money donations.**



## A Message From Jodee Craig:

Hi Everyone,

As some of you may know, Jenna has had a lifelong passion for animals. Recently she has moved from Passion to Profession and is now operating her own business....PHOKUS ON MY K9! Beginning with her Vet Assistant certification, Jenna continued to build her knowledge bank by working in pet retail businesses, being employed by terrific dog trainers and graduating from the Tom Rose School for Dog Trainers. Meaning, Jenna brings a combination of passion, knowledge, training and experience to her dog training business here in Seminole.

If your FB feed is like mine, I seldom see postings from many, many of my “friends” so I wanted to bring this to your attention. This renovation/rehab project has been a labor of love for months and work continues, but Ken and I are very proud of Jenna and simply doing our part here to help spread the word.

So...If you are a Facebook user, you can search Jenna’s new FB page PHOKUS ON MY K9 there. If you have a minute to visit that page and LIKE/SHARE it, it would be greatly appreciated! If you don’t use FB, please give Jenna a call (727-254-9169) for all of your Dog Training/boarding needs and forward this email to your dog loving friends! Jenna provides free evaluations and training can be done on-site either outside or in her air conditioned facility or even at a location of your choosing! Much might on the desired skills. Air conditioned boarding space is also available and all go home squeaky clean! Pictures speak 1000 words, so I’ve attached a few here for you. Jenna’s off to a great start and her business will surely continue to develop nicely with help from friends like YOU!

Thanks so much for helping Jenna build her business.....one dog at a time! Jodee😊





## Garden Angels Desperately Needed: A Message From Emma Dobies

Many thanks to our Garden Angels who faithfully beautify our campus! You can't miss the many beautifully groomed gardens filled with colorful flowers and neatly trimmed bushes. We only have these areas, because we are blessed to have a few church members who maintain these areas for everyone's enjoyment. However, we are in dire need of more Garden Angels to be able to keep our gardens flourishing. Please consider volunteering to give these areas some TLC on a temporary or permanent basis. They need a little weeding, trimming, deadheading, etc. We particularly need help in the gardens parallel to the roadway in front of the West entrance down to the garden areas between the Fellowship Hall and Foundry. Some of the Garden Angels travel, need a break, or just plain need a little backup. If you want your very own area, small, medium or large, that can be arranged at any time! If you can help in any way, we can't tell you how much it would be appreciated. If interested, please call Emma 727-391-2264.

Thank you!



Thank you volunteers! Our Church could not survive for long without our volunteers who readily respond to all kinds of calls for help. The Trustees would like to thank Gary Clairry, Larry Jones, Ray Johnson, Tom Shepherd, Jim Allan, Susan Johnson, Tony Dobies, Bob and Marcine Dubois, Gary Champney, Dave Wegener, Jon Trezona, and others we may have omitted, for the numerous times they have been called upon and always say "Yes," whether it is transporting heavy picnic tables donated to us by the City of Redington Beach to our church picnic area; many hours of scraping glue and carpet padding off floors; painting (sometimes 5 coats on one room or floor); researching how to's; organizing/cleaning out the garage; transporting, moving and assembling or disassembling furniture; digging trenches/laying pipe; transporting items to metal recycling; etc. You are so loved and appreciated! Also, many thanks to Justin Correll, our newest maintenance staff member, who has worked with our volunteers on all of the above and who has taken on many additional duties as assigned with much enthusiasm and grace!



## WHAT YOU NEED TO KNOW ABOUT HEART DISEASE AND ADULT VACCINES:

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines—some people are hospitalized, and some even die. People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. Getting vaccinated is an important step in staying healthy.

## WHY VACCINES ARE IMPORTANT FOR YOU:

Heart disease can make it harder for you to fight off certain diseases or make it more likely that you will have serious complications from certain diseases.

Some vaccine-preventable diseases, like the flu, can increase the risk of another heart attack or stroke.

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest ways to protect your health, even if you are taking prescription medications.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

## GETTING VACCINATED:

You may regularly see a cardiologist, or your primary care provider. Either is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit [www.healthcare.gov](http://www.healthcare.gov) to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).

## WHAT VACCINES DO YOU NEED?

**Flu vaccine** every year to protect against seasonal flu.

**Pneumococcal vaccines** to protect against serious pneumococcal diseases.

**Tdap vaccine** to protect against tetanus, diphtheria, and pertussis (whooping cough).

**Zoster vaccine** to protect against shingles if you are 50 years or older.

**Covid vaccine** to protect against Covid-19. Talk with your provider about how often to take this vaccine.



Note: There may be other vaccines recommended for you so be sure to talk with your healthcare professional about what is right for you.

U.S. Department of Health and Human Services Center for Disease Control and Prevention. August 2018.

# DON'T WAIT. VACCINATE!

Florida Conference  
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*Guest Speaker: Rev. Dr. Latricia Scriven*

September 10-12, 2021

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For questions, please email [shelleydavidson.umw@gmail.com](mailto:shelleydavidson.umw@gmail.com)

## WEEKLY PUZZLE

### Summer Word Scramble

**Instructions:** Unscramble the letters to find the Summer words from the list below.

e r d g a n

— — — — —

i l t u p

— — — — —

i c g m n p a

— — — — —

i a g r n n i

— — — — —

r k n s l r e i s p

— — — — —

a i o t c a n v

— — — — —

f r o s w l e

— — — — —

s g r a s

— — — — —

a l e s v e

— — — — —

g i l c n o o

— — — — —





### Contact Us Via E-mail!

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Leticia (Lety) Cruz ([officemgr@oakhurstumc.com](mailto:officemgr@oakhurstumc.com))

### Happening at Oakhurst UMC!

- ◇ Aug 29—Coffee with the Pastor
- ◇ Aug 29—Children's Home Offering
- ◇ Sept 1—Nachos and News w/Pastor Nathan
- ◇ Sept 5—Flu Shots and Vaccinations
- ◇ Sept 6—Labor Day—Church Office Closed
- ◇ Sept 10—UMW Spiritual Enrichment Retreat
- ◇ Sept 19—Back to Church Sunday

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### Word List

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camping	leaves
cooling	raining
flowers	sprinklers
garden	tulip
grass	vacation